

HEALTH

Health is defined as “the art and science of preventing disease, prolonging life, and promoting health through the organized efforts of society” (Acheson, 1988; WHO).

Courses and degrees in the Health category are intended to teach students how to maintain health, improve health, and prevent the deterioration of health. Health courses and degrees focus on the entire spectrum of health not just the eradication of diseases. This includes an emphasis on the social, physical, emotional, spiritual, mental, and occupational aspects. Courses and degrees also cover targeted populations including public health services, and individual services such as vaccinations, behavioral counseling, and health advice. Physical Education is required for the Associate Degree and Health courses fulfill this requirement.

See the Nutrition and Dietetics, AS-T (p. 1) degree and the Public Health Science, AS-T (p. 1) degree.

As part of the Kinesiology department, you may also be interested in the Kinesiology, AA-T (catalog.vvc.edu/degrees-certificates/kinesiology/#degreestext) degree or the Fundamental Dance Teacher (catalog.vvc.edu/degrees-certificates/kinesiology-dance/#certificatestext) Certificate.

Faculty

Blanchard, Debra

Victor, Bruce

White, Christa

Nutrition and Dietetics, AS-T (40161)

The Nutrition and Dietary Science Associate of Science Transfer Degree focus on the principles and methodologies used in the study of nutrition and dietetics. Students will acquire the foundational knowledge necessary to pursue post-secondary degrees in nutrition and dietetics. The Associate in Science in Nutrition and Dietary Science for Transfer is designed to provide students a clear transfer pathway to the CSU within the health science field major and the completion of baccalaureate degree, with guaranteed admission to a CSU to a similar major with junior standing, and the ability to complete their remaining requirements within 60 semester or 90 quarter units. Additionally, the Nutrition and Dietary Science A.S.-T focuses on providing job-related and introduction to the various career pathways within this field. The Nutrition and Dietary field include disciplines such as nutritionist, dietary counselor, hospital dietary expert, patient health navigator, health education outreach, biostatistics, health services, environmental health, behavioral health, and occupational health.

To earn this degree complete the major coursework listed here with “C” grades or better and the following graduation requirements: 60 CSU transferable units; either the CSU General Education (catalog.vvc.edu/degrees-certificates/csuge-breadth/#csuge) or IGETC (catalog.vvc.edu/degrees-certificates/igetc/#igetc) pattern; the Basic/Golden 4 requirements; and a 2.0 minimum overall CSU GPA. Courses used in the major may also be counted in the general education areas. Courses used for this major may also be used to earn other degrees at VVC.

Code	Title	Units
Required Courses		
BIOL 110	Introduction to Human Nutrition	3.0
BIOL 221	General Microbiology	5.0
CHEM 100	Introductory Chemistry	4.0-5.0
or CHEM 201	General Chemistry	
PSYC 101	Introductory Psychology	3.0
List A		
Complete one or two courses from the following:		8.0-10.0
BIOL 211	Human Anatomy	
or BIOL 231	Human Physiology	
CHEM 202	General Chemistry	
CHEM 281	Organic Chemistry	
MATH 120/120H	Introduction to Statistics	
or PSYC 215	Introduction to Statistics in Social and Behavioral Sciences	
List B		
HLTH 202	Nutrition for Fitness	3.0
Total Units		26-29

Public Health Science, AS-T (40052)

The Public Health Science Associate of Science Transfer Degree focuses on disease and injury prevention strategies for community and individual wellness. The Associate in Science in Public Health Science for Transfer is designed to provide students a clear transfer pathway to the CSU within the health science field major and the completion of a baccalaureate degree, with guaranteed admission to a CSU to a similar major with junior standing, and the ability to complete their remaining requirements within 60 semester or 90 quarter units. Additionally, the Public Health Science A.S.-T focuses on providing job-related and introduction to the various career pathways within this field. The public health field includes disciplines such as patient health navigator, health education outreach, epidemiology, biostatistics, health services, environmental health, behavioral health, and occupational health.

To earn this degree complete the major coursework listed here with “C” grades or better and the following graduation requirements: 60 CSU transferable units; either the CSU General Education (catalog.vvc.edu/degrees-certificates/csuge-breadth/#csuge) or IGETC (catalog.vvc.edu/degrees-certificates/igetc/#igetc) pattern; the Basic/Golden 4 requirements; and a 2.0 minimum overall CSU GPA. Courses used in the major may also be counted in the general education areas. Courses used for this major may also be used to earn other degrees at VVC.

Code	Title	Units
Required Courses		
BIOL 107	Introduction to Human Biology	4.0
BIOL 211	Human Anatomy	5.0
BIOL 231	Human Physiology	5.0
CHEM 100	Introductory Chemistry	4.0
HLTH 101	Introduction to Public Health	3.0
HLTH 102	Contemporary Problems in Personal and Community Health	3.0
MATH 120/120H	Introduction to Statistics	4.0-5.0
or MATH 120S	Introduction to Statistics With Skills Support	

Code	Title	Units
PSYC 101	Introductory Psychology	3.0
List A		
Complete one course from the following:		3.0
BIOL 110	Introduction to Human Nutrition or HLTH 202 Nutrition for Fitness	
ECON 101	Principles of Economics: Macro	
ECON 102	Principles of Economics: Micro	
PSYC 121	Human Sexuality and Intimacy	
SOC 101	Introduction to Sociology	
Total Units		34-35

Health Courses

HLTH 101 Introduction to Public Health (3.0 Units)

This course provides an introduction to the discipline of Public Health. Students will gain an understanding of the basic concepts and terminologies of public health, and the history and accomplishments of public health officials and agencies. An overview of the functions of various public health professions and institutions, and an in-depth examination of the core public health disciplines is covered. Topics of the discipline include the epidemiology of infectious and chronic disease; prevention and control of diseases in the community including the analysis of the social determinants of health and strategies for eliminating disease, illness and health disparities among various populations; community organizing and health promotion programming; environmental health and safety; global health; and healthcare policy and management.

Lecture Hours: 54.00

Transfer: Transfers to both UC/CSU

HLTH 102 Contemporary Problems in Personal and Community Health (3.0 Units)

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include but are not limited to nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards, and safety.

Recommended Preparation: ENGL 101.0

Lecture Hours: 54.00

Transfer: Transfers to both UC/CSU

HLTH 202 Nutrition for Fitness (3.0 Units)

Nutrition is an integral part of fitness. Explore the affects of proteins, fats, carbohydrates, water, minerals and vitamins on fitness and health. Grade Option.

Lecture Hours: 54.00

Transfer: Transfers to both UC/CSU

HLTH 203 Women's Health Issues Community Health (3.0 Units)

This course will focus on women's health and medical care issues in the United States including analyzing, as well as establishing methods of utilizing, the health care system with specific attention to women as health care consumers; contemporary concerns about the health care system and social, physical, emotional, intellectual, spiritual and environmental aspects of gender-health.

Lecture Hours: 54.00

Transfer: Transfers to CSU only

Program Learning Outcomes

Program Learning Outcomes (PLOs) are statements of the kind of learning a program hopes a student will achieve. The PLOs describe the knowledge, skills, problem-solving, communication and values that apply to all certificates and/or degrees within that program.

Upon completion of this program, students should be able to:

1. Demonstrate physical movement through exercise to create a healthy lifestyle.
2. Demonstrate knowledge of the principal biomechanical skills within the Kinesiology discipline.
3. Assist in evaluating athletes' readiness to play and provide participation clearances when necessary and warranted.
4. Assist in caring for athletic injuries, using physical therapy equipment and techniques.
5. Assist in conducting an initial assessment of an athlete's injury or illness to provide emergency or continued care and to determine whether they should be referred to physicians for definitive diagnosis and treatment.
6. Assist in assessing and reporting the progress of recovering athletes to coaches or physicians.
7. Assist in performing general administrative tasks, such as keeping records or writing reports.
8. Assess the burden of disease on the health of populations, including the impact of environmental exposures, and use data to support evidence-based practices.
9. Develop and deliver health programs and interventions that are based on behavior frameworks, and evaluate health programs and initiatives for effectiveness.
10. List and describe the basic chemical structures of the six classes of nutrients.
11. Outline the process by which the human body ingests, digests, absorbs, transports, utilizes, and excretes food substances.